

## Best Yoga Teacher Training Course in Rishikesh



Our Yoga teacher training in Rishikesh is based on Hatha and Ashtanga Yoga posture alignment including therapeutic skills in your teaching. Our practical lessons include anatomical details and the alignment of each posture. It is commonly known that alignment is crucial for positioning the body during yoga practice – what is less known, however, is how necessary alignment is for allowing energy to flow throughout the body. The connection between alignment and energy level. [Best Yoga Teacher Training Course in Rishikesh](#)

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